

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Vanilla Coffee Protein Smoothies	Low Calorie Taco Salad	Low Calorie Hot Honey Chicken
TUESDAY	Low Calorie Scrambled Egg Toasts	Low Calorie Teriyaki Chicken Meal Prep	
WEDNESDAY	Low Calorie Vanilla Coffee Protein Smoothies	Low Calorie Taco Salad	
THURSDAY	Low Calorie Scrambled Egg Toasts	Low Calorie Teriyaki Chicken Meal Prep	
FRIDAY	Low Calorie Vanilla Coffee Protein Smoothies	Low Calorie Taco Salad	
SATURDAY	Low Calorie Scrambled Egg Toasts	Low Calorie Teriyaki Chicken Meal Prep	
SUNDAY	Low Calorie Vanilla Coffee Protein Smoothies	Low Calorie Taco Salad	